

New Knowledge Adventures Presents:

Hypnosis for Universal Pain Management

Seminar #1:
Relaxation and
Ideo-Dynamic Suggestion

Course Overview

What you can expect to learn over
the next eight weeks

Course Overview

- Eight 90-Minute Seminars
- Guided exploration of hypnotic skills
- Explanatory models
- You will learn these hypnotic skills
 - Progressive Muscular Relaxation
 - Differential Muscular Relaxation
 - Ideo-Dynamic Responses to Suggestion

Course Overview (Cont.)

- Appropriating Your Own Space
- Autosuggestion [Waking Suggestion]
- Ideo-Dynamic Communication Methods
- Energy Control and Direction
- Alpha State Induction and Maintenance
- Eye-Relaxation Exercises
- Classical Mesmerism
- Ericksonian Hypnosis – Patterns and Protocols

Course Overview (Cont.)

- Hypnotic Language Patterns and Protocols
- Hypnotic Induction Patterns and Protocols
- Trance-Depth Variability
- Post-Hypnotic Suggestions
- Pain-Specific Patterns and Protocols
- Utilizing Everyday Trance States
- Transitioning Effortlessly Through the Bardos

Course Materials

- All course materials are available on our website
- www.NarrowGateAlliance.org
- Login Information:
 - UserID: hypnosisupm
 - Password: pa1nfr3e

Overview of Seminar 1

The 2 Skill Sets, the 5 Skills,
and the 2 Explanatory Models
You Will Learn Today

Overview of Today's Seminar

- The 2 Skill Sets
 - Skill Set 1: Muscular Relaxation
 - Skill 1: Progressive Muscular Relaxation
 - Skill 2: Differential Muscular Relaxation
 - Skill Set 2: Basic Hypnosis = Relaxation + Suggestion
 - Skill 3: Ideo-Dynamic Responses to Suggestion
 - Skill 4: Appropriating Your Own Space
 - Skill 5: Autosuggestion [Waking Suggestion]
- The 2 Explanatory Models
 - Edmund Jacobson – The Jacobson Effect
 - Emile Coué - Autosuggestion

Skill Set 1: Muscular Relaxation

Progressive Muscular Relaxation
and Differential Muscular
Relaxation

Guided Exploration of Skill Set 1

- Very Abbreviated Progressive Muscular Relaxation
 - Contraction/Release of 8 muscle groups in sequence
- Differential Muscular Relaxation
 - Maintenance of muscular relaxation in muscles that are not immediately in use

Q and A

Skill Set 2: Basic Hypnosis = Relaxation + Suggestion

Experience the Effects of
Relaxation and Suggestion
Together

Guided Exploration of Skill Set 2

- Demonstration: Ideo-Dynamic Responses to Suggestion
 - Relax using VAPMR
 - Listen to suggestions, experience your responses
- Visualization Exercise: Appropriating Your Own Space
 - Relax using VAPMR
 - Follow visualization suggestions

Guided Exploration of Skill Set 2 (Cont.)

- Autosuggestion [Waking Suggestion]
 - Create a Formatted Suggestion using this format
 - “Every day, in every way, I am [approaching my goal] because I am [performing these activities].”
 - Repeat 30 times OUT LOUD [or internally...☺]
 - First 10 repetitions silence internal dialogue
 - Next 10 repetitions induce light trance state
 - Final 10 repetitions will ‘install’ the new suggestion
- Guided Exploration: Create and Utilize Your Own Formatted Autosuggestion

Q and A

Explanatory Models

- Edmund Jacobson and the Jacobson Effect
 - Every thought is accompanied by a muscular contraction
 - Every muscular contraction is accompanied by a thought
- Emile Coué and Autosuggestion
 - Waking suggestion is as powerful as formal hypnosis
 - Autosuggestion is easier than formal hypnosis

Q and A

Homework

- Practice the 5 skills
 - VAPMR
 - At least twice per day
 - After you are relaxed, then practice:
 - Differential Muscular Relaxation
 - Move hands or legs while remaining relaxed and seated, or walk and remain relaxed in upper body
 - Ideo-Dynamic Responses
 - Make hands and arms warm/cold/heavy/light

Homework (Cont.)

- Visualization: Appropriating Space
 - Practice at home
 - Practice at work
 - Practice in new spaces
- Formatted Autosuggestion
 - Create a list of 10 goals
 - Format autosuggestions for all 10 goals
 - Select 1 or 2 to practice for the next week
 - Look in a mirror and repeat autosuggestions OUT LOUD 3 times per day